Age of diagnosis of type 2 diabetes in Walsall (UK) is more than 9 years younger in Asian-British compared with the rest of the UK Population

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Introduction

Walsall, UK (population approx 175 000) has the second highest prevalence of type 2 diabetes in England and Wales. Observational evidence suggests the age of diagnosis of type 2 diabetes has been reducing, particularly amongst Asian-British.

This study's aim was to establish the age distribution at time of diagnosis and quantify the effect of increased racial pre-disposition for the development of type 2 diabetes amongst Asian-British.

Methods

In Walsall, the oral glucose tolerance test (OGTT) remains the main diagnostic test for diabetes. All samples are analyzed at a single Hospital Blood Sciences laboratory.

An audit of OGTT requests (excluding ante-natal requests) against the laboratory identification code for OGGT identified 22 735 OGTTs (the majority requested within a 12 month period up to April 2012) of which 3702 were positive, using WHO diagnostic criteria (1929 males, 1773 females)

Results

For the total population, mean age at diagnosis = 59.8 years (male), 61.5 years (female).

For males: 14.5% were < 45 years and 21.4% < 50 years.

Females 14.6% < 45 years and 20.3% < 50 years.

Asian-British v Non-Asian-British

Males: mean age of diagnosis **52.9** years v **62.3** years (p<0.01)
% diagnosed< 45 years: 25.6% v 9.2 5% (p<0.001)
% diagnosed < 50 years: 38.4 % v 15.2% (p<0.001)

Females: mean age of diagnosis: **54.5** years v **63.9** years (p<0.01)
% diagnosed < 45 years:: 25.7% v 8.7% (p<0.001)
% diagnosed < 50 years: 35.3% v 15.4% (p<0.001)

In conclusion, more than 1 in 4 diagnoses of type 2 diabetes in Asian-British is made at age < 45 years and more than 1 in 3 < 50 years

The mean age of diagnosis is more than 9 years younger in Asian-British compared to the rest of the population.

The UK National Institute for Health and Clinical Excellence in July 2012 published guidelines for the prevention of type 2 diabetes. This study identifies the need for these strategies to be effectively targeted and clinically effective amongst the Asian-British community.

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